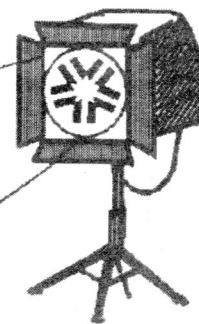


DISTRICT OF COLUMBIA OFFICE ON AGING

Spotlight On Aging



VOLUME XIX, ISSUE 3

A newsletter for D.C. Seniors

March 2004

EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

March is National Nutrition Month and National Kidney Month.

During the month, enjoy a nutritious mid-day meal at one of our many congregate meal sites throughout the city. You may see old friends or make new ones, participate in an activity, and receive nutrition counseling to help you eat well at home. Attending a site that offers a mid-day meal is a positive step to protect your health.

The National Kidney Foundation has information to help you maintain your kidney health. Read about the important role your kidneys play in your life. Also, find out the risk factors associated with kidney disease.

Mark your calendar for our upcoming 40th Annual Senior Citizens' Day and Health Expo on May 6. This year's theme for Older Americans Month is "Aging Well, Living Well." Plan to attend the events planned for you this May and stay as active as your health allows so that you can age and live well.

BEWARE OF FRAUDULENT DRUG CARDS

No discount drug cards have yet been approved by Medicare. Some persons are offering cards to seniors that are not a part of the program. Any approved cards should have the following symbol.



You may report fraudulent companies to the MEDICARE FRAUD HOTLINE at:

1-800-447-8477

March is National Kidney Month

According to the National Kidney Foundation, the locale with the highest prevalence of kidney disease in the nation is Washington, D.C. We have more than 4,500 patients currently on dialysis, and more than 1,600 awaiting life-saving kidney transplants.

Risk factors for kidney disease include high blood pressure and diabetes.

Frequently Asked Questions

What are the primary functions of the kidneys?

- Remove waste products from the body
- Balance the body's fluids
- Release hormones that regulate blood pressure
- Synthesize the vitamins that control growth
- Control the production of red blood cells

Where are the kidneys, and how do they function?

There are two kidneys, each about the size of one's fist, located on either side of the spine at the lowest level of the rib cage. Each kidney contains about one million functioning units called nephrons. A nephron consists of a filtering unit of tiny blood vessels called a glomerulus attached to a tubule.

When blood enters the glomerulus, it is filtered, and the remaining fluid then passes along the tubule. In the tubule, chemicals and water are either added to or removed from this filtered fluid according to the body's needs, the final product being the urine we excrete.

The kidneys perform their life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. Approximately two quarts are eliminated from the body in the form of urine, and about 198 quarts are retained in the body. The urine we excrete has been stored in the bladder for approximately one to eight hours.

What are some of the types and causes of kidney disease?

Kidney disease usually affects both kidneys. If the kidneys' ability to filter the blood is seriously

damaged by disease, wastes and excess fluid may build up in the body, causing severe swelling and symptoms of kidney failure. There are many different types of kidney disease.

Diseases such as diabetes and high blood pressure may affect the kidneys. Some kidney diseases are inherited (run in families). Sometimes, individuals may be born with an abnormality that can affect their kidneys (congenital disease).

Some of the most common types and causes of kidney disease are:

- Diabetes is a disease that happens when your body does not make enough insulin or when your body cannot use normal amounts of insulin properly. This results in a high blood sugar level, which can cause problems in many parts of your body. Diabetes is the leading cause of serious kidney disease.

- High blood pressure (also known as hypertension) is another common cause of kidney disease and other complications, such as heart attacks and strokes. High blood pressure occurs when the force of blood against your artery walls increases. When high blood pressure is controlled, the risk of complications such as kidney disease is decreased.

- Glomerulonephritis is a disease that causes inflammation of the

kidney's tiny filtering units (called the glomeruli). Glomerulonephritis may happen suddenly, for example, after a strep throat, and the individual may get well again. However, the disease may develop slowly over several years, and it may cause progressive loss of kidney function.

- Polycystic kidney disease is the most common inherited kidney disease. It is characterized by the formation of kidney cysts that enlarge over time and may cause serious kidney damage and even kidney failure. Other inherited diseases that affect the kidneys include Alport's Syndrome, hereditary nephritis, primary hyperoxaluria and cystinuria.



National Kidney Foundation®

see **NATIONAL KIDNEY MONTH**, page 54



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

D.C. OFFICE ON AGING NEWSLETTER

Community Calendar

March events

2nd, 9th, 16th, 23rd, 30th
• 11:30 a.m.

March is National Nutrition Month, and the Washington Seniors Wellness Center is celebrating it with healthy cooking classes. Classes will be conducted by Doris Fields, R.D., program nutritionist. Learn to cook some wonderful dishes at the center, 3001 Alabama Ave., S.E. For information, call 202-581-9355.

3rd • 11 a.m. to noon

Don't get taken. Identity theft and telemarketing scams ruin lives every day. Learn how to protect yourself and avoid the devastating effects of fraud. This free seminar is being hosted by IONA Senior Center, 4125 Albemarle St., N.W. For registration, call 202-966-1055.

5th • 10:30 a.m.

Go on a tour of the National Air & Space Museum with Educational Organization for United Latin Americans (EOFULA) Spanish Senior Center. For details, call Alberto Camacho at 202-483-5800.

5th • 10:30 a.m. to 12:30 p.m.

Go shopping in Frederick, Md. at the Opportunity Shop. EOFULA Spanish Senior Center will be spending the morning shopping and enjoying the company of friends. They will leave from the center at 1844 Columbia Rd., N.W. For details, call Alberto at 202-483-5800.

8th • 1 p.m.

EOFULA Spanish Senior Center celebrates International Women's Day. Come to 1844 Columbia Rd., N.W., and celebrate the women of the world and the community's diversity. For details, call Alberto at 202-483-5800.

9th • 6:30 to 8 p.m.

Attend the seminar "Organization, Options, and Over-sights: The Three O's of Successful Parent Care." This seminar being hosted by IONA will provide participants with tactics for handling the complex emotional, logistical and financial issues involved in caring for an aging parent. You'll gain information that will help you properly manage the care of your parents and reduce the stress involved. This free seminar will be at the IONA Senior Center, 4125 Albemarle St., N.W. For registration, call 202-966-1055.

12th • 9 a.m. to 5 p.m.

Columbia Senior Center is going to the slots. Join them as they go to Midway Slots for the day. The cost of \$10 includes

buffet. They will leave from the center, 1250 Taylor St., N.W. Call Monica Carroll at 202-328-3270, ext. 11.

17th • 1 p.m.

Happy Saint Patrick's Day and happy birthday to those born in March. EOFULA Spanish Senior Center invites you to this party to celebrate the Irish in everyone and all those with birthdays in March. The center is located at 1844 Columbia Rd., N.W. For information, call Alberto at 202-483-5800.

17th • 6:30 to 8 p.m.

Learn the in's and out's of purchasing long-term insurance at "Long-Term Care Insurance 101." This seminar offers objective, expert advice on where to shop, what to look for in policies, and how best to make a wise insurance policy purchase. The seminar will be given by Michael Knipmeyer of the George Washington Univ. Health Insurance Counseling Project and Abby Fine Tor of Northwestern Mutual Financial Network. Hosted by IONA Senior Services, 4125 Albemarle St., N.W. To register, call 202-966-1055.

18th • Deposit due

Columbia Senior Center will be attending the Dance Theatre of Harlem on Saturday, June 12th at the Kennedy Center. The deposit of \$23.75 is due today. The final payment of \$23 is due on Thursday, April 15th. For more information, call 202-328-3270, ext. 11.

19th • 10:30 a.m. to 12:30 p.m.

Attend a lecture on prostate and breast cancer presented by the Chi Eta Phi nursing sorority at Columbia Senior Center, 1250 Taylor St., N.W. RSVP to Monica Carroll at 202-328-3370, ext. 11.

25th • 9 a.m. to 5 p.m.

Model Cities Wellness Center is going to the slots. Come join them as they go to Midway Slots for the day. The cost is \$10. Deadline for reservation is March 8th. Contact Eugene or Darlene at 202-635-1900.

25th • 10 to 11:30 a.m.

Thursday is Belgian waffle breakfast day. Come to Columbia Senior Center and have a tasty breakfast with friends. The center is located at 1250 Taylor St., N.W. Call Monica to RSVP, 202-328-3270, ext. 11.

26th • 5:30 to 8:30 p.m.

Attend this fun-filled happy hour hosted by the Columbia Senior Center. They will have a live DJ, food and non-alcoholic drinks. Start your weekend off on the right foot. Center is at 1250 Taylor St., N.W. Call 202-328-3270, ext. 11 for more information.

31st • 10 a.m. to 2 p.m.

Seniors, learn how to save money on your prescription medicines. Model Cities Senior Wellness Center is hosting a "Benefits CheckUp," hosted by the National Council on the Aging to help you understand prescription drug and other benefits. This free event will have a free catered lunch, plus offers to save 20 to 40 percent on 170+ medicines and a raffle. Come to the center at 1901 Evarts St., N.E. Call Theresa Williams at 202-635-1900 for more information.

April Events

April 6th • 10 a.m. to 1 p.m.

Columbia Senior Center will be attending Congresswoman Eleanor Norton's Special Senior Day and Medicare Town Hall meeting, at 345 Cannon House Office Building, 1st and C Streets, S.E. Learn about the new Medicare prescription drug benefits. Lunch will be provided. For details, call 202-328-3270.

April 21st • 9 a.m. to 5 p.m.

Go to the track with Columbia Senior Center. They will be heading to Charlestown Racetrack. The donation for the trip is \$15, but you'll get a \$5 rebate. Lunch is on your own. For details, call 202-328-3270.

Ongoing

The Greater Washington Urban League, Division of Aging and Health Services, is seeking caregivers who are caring for seniors 60 years+ and need assistance. They are also seeking seniors residing in Ward 2 who could benefit from some social service and home-bound meal assistance. Call Karen Cobble or Le'Anetta Obasanjo at 202-529-8701.

9:50 a.m. Mondays

• 1 p.m. Wednesdays

Get Fit with Vanessa! Vanessa Williams-Harvin, fitness coordinator, will conduct low-impact aerobics and Pilates classes for seniors at the Washington Seniors Wellness Center. The center is at 3001 Alabama Ave., S.E. For more information, call 202-581-9355. A physician's statement is needed for participation.

Mondays and Wednesdays

• 1 to 2 p.m.

Computer classes for seniors will be given by the EOFULA Spanish Senior Center. Keep up with technology and learn the basics of the computer. For details, call Alberto at 202-483-5800.



Low-Cost Loans to Repair Your Home

When it rains outside, does it pour in your house? Are your front steps crumbling beneath your feet?

Housing Counseling Services (HCS), a non-profit housing, training, advocacy and referral center, can help. HCS will be working in conjunction with our community partner, Lydia's House, to implement the D.C. Department of Housing and Community Development's Single-Family Residential Rehabilitation Program (SFRRP).

SFRRP provides low-cost loans and grants to District homeowners who may have a difficult time se-

curing home renovation financing from traditional resources. Up to \$50,000 is available.

The funds can be used to repair code violations, update major house systems, and repair roofs. Income restrictions may apply. Preference is given to seniors, people with physical disabilities and low-income individuals.

Katrechia Banks is the intake housing counselor for Lydia's House. She is available to help you with the application process. Please contact her at 202-373-1052 to make an appointment.

D.C. OFFICE ON AGING NEWSLETTER

March is National Nutrition Month. Visit a nutrition site listed below and enjoy a hot, nutritious mid-day meal. Enjoy good company and participate in an activity at one of the many nutrition sites across the city. Take a positive step toward healthy living.

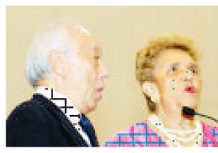
CONGREGATE NUTRITION SITES				
WARD 1 Campbell Heights 2001 15th St., N.W. 20009 202-939-9035 Columbia Heights 2900 14th St., N.W. 20009 202-939-9034 EOFULA Spanish Senior Center 1842 Calvert St., N.W. 20009 202-483-1688 Garfield Terrace 2301 11th St., N.W. 20001 202-939-9038 Harvard Towers 1845 Harvard St., N.W. 20009 202-673-7618 LeDroit Park 2125 4th St., N.W. 20001 202-673-7617 Samuel Kelsey Senior Building 3322 14th St., N.W. 20010 202-667-6590 WARD 2 Asbury Dwelling 1616 Marion St., N.W. 20001 202-745-7434 Asian/Pacific Islander Senior Services Center 477 G Pl. N.W. 20001 202-842-4376 Claridge Towers 1221 M St., N.W. 20005 202-673-6891 Downtown Cluster’s Day Care 900 Massachusetts Ave., N.W. 20001 202-347-7527	James Apartment Building 1424 N St., N.W. 20005 202-673-4460 St. Mary’s Court 725 24th St., N.W. 20037 202-659-5645 Washington Urban League Senior Center for the Homeless (Oasis) 1226 Vermont Ave., N.W. 20005 202-265-2017 WARD 3 Adas Israel 2850 Quebec St., N.W. 20008 202-363-7530 Isabella Breckinridge Day Care 4125 Albemarle St., N.W. 20016 202-895-0238 St. Alban’s Episcopal Church 3001 Wisconsin Ave., N.W. 20016 202-363-8286 Ext. 115 WARD 4 Barney Senior Center 5656-A Third St., N.E. . 20011 202-939-9025 Christian Reformed Church 5911 New Hampshire Ave., N.E. 20011 202-529-0388 Colony House 930 Farragut St., N.W. 20011 202-882-3881 Columbia Senior Center 1250 Taylor St., N.W. 20011 202-328-3270 First Baptist Senior Center 715 Randolph St., N.W. 20011 723-4313 Ft. Stevens Recreation Center 1327 Van Buren St., N.W. 20012 202-576-6445	Genevieve Johnson Day Care Zion Baptist Church 4817 Blagden Ave., N.W. 20011 202-723-8537 Kennedy St., Senior Program 504 Kennedy St., N.W. 20011 202-939-9020 WARD 5 Bethesda Baptist Church 1808 Capitol Ave., N.E. 20002 202-269-9876/202-635-2883 Center for the Deaf and Hearing Impaired 2900 Newton St., N.E. 20018 202-529-8701 Ext.219 Delta Towers 1400 Florida Ave., N.E. 20002 202-396-9671 Edgewood Terrace #1 635 Edgewood St., N.E. 20017 202-832-8266 Fort Lincoln I 2855 Bladensburg Rd., N.E. 20018 202-635-2392 Fort Lincoln II Gettysburg 3001 Bladensburg Rd., N.E. 20018 202-529-7730 Fort Lincoln III Petersburg 3298 Ft. Lincoln Dr., N.E. 20018 202-269-4530 Green Valley Apartments 2412 Franklin St., N.E. 20018 202-832-0110 (Office) Israel Baptist Church 1251 Saratoga Ave., N.E. 20018 202-832-8483 Model Cities Senior Wellness Center 1901 Evarts St., N.E. 20018 202-635-1900	Our Redeemer Lutheran Church 1725 Michigan Ave., N.E. 20017 202-529-4584 Shalom Senior Center 1876 4th St., N.E. 20002 202-526-2535 Visually Impaired Center for the Blind 2900 Newton St., N.E. 20018 202-529-8701 Ext 219 WARD 6 Arthur Capper Senior Center 601 L St., S.E. 20003 202-675-9083/88 Capitol Hill Towers 900 G St., S.E. 20002 202-675-9066 Greenleaf Senior Building 1200 Delaware Ave., S.W. 20024 202-554-1121 Potomac Gardens 1229 G St., N.E. 20003 675-9087 St. Monica’s Episcopal Church 1340 Massachusetts Ave., S.E. 20003 202-547-8401 Sibley Plaza 1140 N. Capitol St., N.W. 20002 202-371-0221 WARD 7 Allen House Upper Room Baptist Church 3760 Minnesota Ave., N.E. 20019 202-396-7351 Dwelling Place Senior Center 2812 Pennsylvania Ave., S.E. 20020 202-582-7138	Phillip T. Johnson Senior Center Ryland Epworth United Methodist Church 3200 S St., S.E. 20019 202-398-5948 KEMP Senior Center/ Kenilworth 4300 Anacostia Ave., N.E. 20019 202-724-8934 Michaux Senior Center 3700 Hayes St., N.E., #103 20019 3202-97-8049 St. Timothy’s Episcopal Church 3601 Alabama Ave., S.E. 20020 202-583-5084 WARD 8 Claiborne House Matthews Memorial Church 2632 Martin Luther King, Jr. Ave., S.E. 20020 202-610-0961 Knox Hill Senior Program 2700 Jasper St., S.E. 20020 202-889-7145 Rehoboth Baptist Church 621 Alabama Ave., S.E. 20032 202-678-4215 Senior Citizens Counseling and Delivery Service Senior Center 2451 Good Hope Rd., S.E. 20020 202-678-2800 Senior Citizens Counseling and Delivery Service Geriatric Day Care 2B #4 DC Village Lane, S.W. 20032 202-645-4348 UPO Weekend Nutrition Program (City Wide) Anacostia Community Center 1647 Good Hope Rd., S.E. 20020 202-588-0270

MARCH MENUS AT CONGREGATE MEAL SITES				
Monday, 3/1 Grape juice, Split pea soup with crackers, Chicken filet with gravy, Seasoned corn, Green beans, Wheat bread, Baked apple, 1 percent milk, coffee or tea Tuesday, 3/2 Pineapple juice, Spaghetti and meatballs, Mixed vegetables, Lettuce and tomato salad with dressing, Pumpernickel bread with margarine, Canned pears, 1 percent milk, Coffee or tea Wednesday, 3/3 Orange juice, Navy bean soup with crackers, Turkey breast with giblet gravy, Candied yams, Broccoli, Wheat bread with margarine, Fresh fruit banana, 1 percent milk, Coffee or tea Thursday 3/4 Grape juice, Baked chicken with gravy, Lima beans, Chopped collards, Beet salad, Wheat roll with margarine, Applesauce, 1 percent milk, Coffee or Tea	Friday, 3/5 Cran-Apple Juice, Oven fried fish with tartar sauce, Seasoned corn, Chopped spinach, Carrot-raisin salad, Wheat bread with margarine, Pineapple tidbits Monday, 3/8 Apple juice, Cream of celery soup with crackers, Stuffed pepper with tomato sauce, Chuckwagon blend vegetables, Green beans, Wheat bread with margarine, Fresh fruit orange, 1 percent milk, Coffee or tea Tuesday, 3/9 Pineapple juice, Turkey a la king, Noodles, Mixed vegetables, Lettuce and tomato salad with dressing, Pumpernickel bread with margarine, Purple plums, 1 percent milk, coffee or tea Wednesday, 3/10 Grape juice, Vegetable soup with crackers, Meatballs with curry gravy, Spanish rice, Broccoli, Wheat bread with margarine, Fruit cocktail, 1 percent milk, Coffee or tea Thursday 3/11 Cran-apple juice, Baked chicken with gravy, Black-eyed peas, Chopped collards, Garden salad with dressing, Wheat roll with margarine, Banana, 1 percent milk, Coffee or tea	Friday, 3/12 Orange juice, Baked lemon pepper cod, Baked potato with sour cream, Beet salad, Peas and carrots, Wheat bread with margarine, Canned peaches, 1 percent milk, Coffee or tea Monday, 3/15 Pineapple juice, Tomato soup with crackers, Beef patty with vegetable gravy, Mashed potatoes, Brussels sprouts, Rye bread with margarine, apple, 1 percent milk, coffee or tea Tuesday, 3/16 Orange juice, Braised pork chop with gravy, Sweet potatoes, Turnip greens, Beet salad, Wheat bread with margarine, Fruit cocktail, 1 percent milk, Coffee or Tea Wednesday, 3/17 Cran-apple juice, Cream of broccoli soup with crackers, Bar-b-que chicken breast, Corn O’Brien, Green beans, Wheat roll with margarine, Pound cake, Sherbet, 1 percent milk, Coffee or tea Thursday 3/18 Grape juice, Chili con carne, Brown rice, Peas and carrots, Tossed salad with vinegar and oil dressing, Pumpernickel bread with margarine, Pineapple, 1 percent milk, Coffee or tea	Friday, 3/19 Cran-apple juice, Oven fried fish, Mashed potatoes, Mixed greens, Lettuce and tomato salad with dressing, Wheat roll with margarine, Purple plums, 1 percent milk, Coffee or tea Monday, 3/22 Apple juice, Minestrone soup with crackers, Meatloaf with gravy, Succotash, Chopped kale, Wheat bread with margarine, Orange, 1 percent milk, Coffee or tea Tuesday, 3/23 Orange juice, Oven-fried flounder, Macaroni and cheese, Okra and tomatoes, Garden salad with dressing, Wheat bread with margarine, Fruit cocktail, 1 percent milk, Coffee or tea Wednesday, 3/24 Grape juice, Cream of celery soup with crackers, Baked chicken with gravy, Whole broiled potatoes, Green beans, Wheat roll with margarine, Pineapple, 1 percent milk, Coffee or tea Thursday 3/25 Pineapple Juice, Beef Stew with stewed vegetables, Brown Rice, Lettuce and tomato salad with dressing, Biscuit with margarine, Canned peaches, 1 percent milk, Coffee or tea	Friday, 3/26 Cran-Apple Juice, Vegetable Lasagna, Sliced Carrots, Chopped Kale, Tossed Salad with vinegar & oil dressing, Multigrain dinner roll, Banana, 1 percent milk, Coffee or tea Monday, 3/29 Grape juice, Split pea soup with crackers, Chicken filet with gravy, Seasoned corn, Green beans, Wheat bread, 1 percent milk, Coffee or tea Tuesday, 3/30 Pineapple juice, Spaghetti and meatballs, Mixed vegetables, Lettuce and tomato salad with dressing, Pumpernickel bread, Canned pears, 1 percent milk, Coffee or tea Wednesday, 3/31 Orange juice, Navy bean soup with crackers, Turkey breast with giblet gravy, Candied yams, Broccoli, Wheat bread, Banana, 1 percent milk, Coffee or tea

D.C. OFFICE ON AGING NEWSLETTER

The D.C. Office on Aging
The D.C. Senior Citizens Clearinghouse Committee
and
The Office on Aging Senior Service Network
present

The 40th Annual Senior Citizens' Day and Health Expo "Aging Well, Living Well"



Thursday, May 6, 2004
10 a.m. — 2 p.m.
D.C. Armory
2001 East Capitol Street, SE

Parking is limited, public transportation is encouraged. Accessible by the Blue/Orange Line on the MetroRail DC Armory/RFK Stadium

Exhibits

Information on
Senior Services

Lunch

Games

Health Screenings

Hand Dancing

Line Dancing

Health and Wellness
Demonstrations

Giveaways

For more information and tickets call (202) 727-6604.



Government of the District of Columbia
Anthony A. Williams, Mayor

National Kidney Month

from page 51

● Kidney stones are very common, and when they pass, they may cause severe pain in your back and side. There are many possible causes of kidney stones, including metabolic disorders, chronic urinary tract infections, blockage of the urinary tract, and misuse of certain medications. Sometimes, medications and diet can help to prevent recurrent stone formation. In cases where stones are too large to pass, treatments such as extracorporeal shock wave lithotripsy may be used to remove the stones.

● Urinary tract infections occur when germs get into the urinary tract and cause symptoms such as pain and/or burning during urination and more frequent need to urinate. These infections most often affect the bladder, but they sometimes spread to the kidneys, where they may make you feel sicker, and cause fever and pain in your back.

● Congenital diseases may also affect the kidneys. These usually involve some problem that occurs in the urinary tract when a baby is developing in its mother's womb. One of the most common happens when a valve-like mechanism between the bladder and ureter (urine tube) fails to work properly and allows urine to back up to the kidneys, where infections and kidney damage may occur.

● Drugs and toxins can also cause kidney failure. Certain other medications, toxins, pesticides and "street" drugs such as heroin and crack can also cause kidney damage.

What are the warning signs of kidney disease?

- High blood pressure
- Burning or difficulty when urinating
- Frequent urination at night
- Blood in your urine
- Cola or tea-colored urine
- Swelling of the eyes, ankles or feet
- Lower back pain unrelated to physical activity

How can kidney disease be prevented?

- Protect yourself from diabetes and high blood pressure
- Maintain a healthy weight
- Eat a healthy diet
- Keep physically active
- Stop smoking
- Know the warning signs for kidney disease
- Schedule regular check-ups with your health-care provider

For more information, contact your personal physician.

Catch a Ride in Wards 2 or 5

Seniors wanted for the **Call-N-Ride** program, a discounted taxicab service offered to seniors 60 years and older. If you are interested in enrolling in the

Call-N-Ride program and you are a resident of

Wards 2 or 5, please call Ms. Hooks

at the Greater Washington

Urban League, Inc.,

Division of Aging

and Health Services, at

202-529-8701



SPOTLIGHT ON AGING

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E. Veronica Pace, **Executive Director**
Darlene Nowlin, **Editor**

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